

Maple Glazed Carrots

2 pounds fresh carrots, washed, ends trimmed, cut lengthwise

1/3 C pure maple syrup

1 Tbsp light brown sugar (optional)

5 Tbsp unsalted butter, cut into about 10 pieces

2 small cloves minced garlic

salt and pepper, to taste

chopped fresh herbs, for garnish (optional)

Prep Time: 5 mins

Cook Time: 35 mins

Total Time: 40 mins

6 servings

Directions:

- Preheat oven to 400°F.
- Transfer prepared carrots to shallow baking dish. Set aside.
- In a small bowl whisk to combine maple syrup, brown sugar, salt and pepper, and garlic.
- Dot butter pieces over the carrots in several different places. Pour the maple mixture over the carrots.
- Bake for 30 to 40 minutes, tossing at least once during cooking, until tender. To test for doneness, start checking at the 25-minute mark by piercing the thickest part of the carrot with a fork. If it goes through easily, the carrots are done.
- Garnish with fresh herbs and serve.